



GULF DEFENDER



Vol. 63, No. 20

Tyndall Air Force Base, Fla. *Gulf Defender*

May 28, 2004

In brief

Safety Day in the park

The wing holds its third-annual "Safety Day" today from noon to 3 p.m. at Heritage Park.

The Chiefs and Eagles softball game will kick-off the event.

Additional events include safety displays and recreational activities, food and music, and a Base Fire Department demonstration.

The Bay County Sheriff's Office will also be on hand to provide identification for children through its Children's Identification Program.

A mandatory safety briefing for all 325th Fighter Wing people will conclude the event.

Comptroller Squadron closing early

The 325th Comptroller Squadron will close today at 11 a.m. for "Safety Day." The office will re-open Tuesday for normal hours.

Pediatric Clinic news

The Pediatric Clinic is offering specialized appointment spots throughout the summer to accommodate children involved in sports.

Call 283-2778 to schedule an appointment.

Inside

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● Aircrew survival business at Tyndall ... **Page 8**

● Special insert: 2004 Hurricane supplement



Tech. Sgt. Dan Neely

Best seat in the house

James Smiler, Lockheed Martin Egress Shop lead, performs a visual inspection on components of an F-15 Eagle's ACES II ejection seat assembly. For more on the critical mission of Tyndall's life support and aircrew survival teams, see the story on page 8.

1st AF to test air defense skills during ORI

Scores of inspectors will converge upon Tyndall Air Force Base this week to challenge the skills of America's air defenders in fictitious air battles and acts of aggression against the continental United States.

More than 100 professionals from Air Combat Command and the North American Aerospace Defense Command will test the mettle of 1st Air Force and Continental United States NORAD Region operations here. The concurrent ACC Operational Readiness Inspection and NORAD Operational Evaluation will run June 1-11.

"These inspections focus the organization on our primary task: protecting Americans from airborne aggression," said Maj. Gen. Craig McKinley, 1st Air Force and CONR commander. "They refine our performance and inspire us to 'think outside the box' and antici-

pate new threats."

The threats are very familiar to the men and women of 1st Air Force, who have orchestrated more than 35,000 Operation Noble Eagle sorties since Sept. 11, 2001.

The three-phase inspection will

regional air defense sectors, including the Southeast Air Defense Sector located here, will also be inspected.

As inspectors focus on the command and control aspect of the air defense mission, they will evaluate the command's ability to transition

organization's capabilities over time and how it handles scenarios later in a war.

General McKinley said his forces are ready for the challenges the next two weeks bring. "Over the last year, 1st Air Force has been preparing for this through a series of demanding and innovative exercises," he said. "Our people are highly motivated, trained and ready."

He added the inspections keep everyone focused on the importance of the mission. "Our adversaries in the Global War on Terror are unlike any the United States has ever known. They do not seek armistice, nor do they have any territory to defend with a populace to answer to – They only need to be lucky once. As America's defenders, we must be vigilant and stay one step ahead all the time."

(Courtesy of 1st Air Force public affairs)

"These inspections focus the organization on our primary task: protecting Americans from airborne aggression. They refine our performance and inspire us to 'think outside the box' and anticipate new threats"

MAJ. GEN. CRAIG MCKINLEY
1st Air Force/CONR commander

challenge those who work in the Combined Air Operations Center, operated by the 601st Air Operations Group at Tyndall. Various wartime scenarios will test the Total Force air defenders that include Air Force, Army, Navy and Canadian Forces. First Air Force's three re-

from a peacetime to wartime scenario. One phase of the inspection, which simulates the posturing of air defense forces, will be overseen by Inspector General of the Air Force Lt. Gen. Steven Polk. The inspections also include a "time bridge," a proven way of testing an

Training the best air dominance team for America

AF leaders send Memorial Day message

WASHINGTON (AFPN) — *(The following is a Memorial Day message from Secretary of the Air Force Dr. James Roche and Air Force Chief of Staff Gen. John Jumper:)*

“This Memorial Day beckons us once again to remember and reflect on the selfless sacrifices of members of America’s armed forces.

“While stories abound on the origins of the Memorial Day observance, one aspect remains abundantly clear — since it was first proclaimed officially in May 1868, Americans continue to enthusiastically honor the enormous sacrifices of all the service men and women who have paid the ultimate price for freedom, as well as thanking those who serve today.

“As the war on terror continues, our thoughts and prayers continue to be with our Airmen and their families. This year, we are more thankful than ever for your noble service, around the world and at home stations. America is forever indebted to you and your families for your commitment to the high calling of defending our nation.

“We encourage you to join us Monday at 3 p.m. local time to observe the National Moment of Remembrance as America honors those who have served so honorably and bravely as uniformed members of the armed forces. A White House resolution in 2000 designated the National Moment of Remembrance as an opportunity for all Americans to commemorate the true meaning of Memorial Day by observing one minute of silence, driving with their headlights on or participating in another appropriate activity honoring our fallen veterans.

“We thank you for what you do every day for America and America’s Air Force. You and your families are among our nation’s greatest treasures and we are honored to serve with you.

“May God bless you and your service, and may God continue to bless America.”

Safety imperative during ‘101 Critical Days,’ hurricane season

BRIG. GEN. LARRY NEW
325th Fighter Wing commander

I want to talk about some issues occurring Air Force-wide. The number of mishaps throughout Air Education and Training Command, and the Air Force in general, is on the rise. According to a memo released by the Air Force Safety Center, 40 Airmen have died so far this year as a result of mishaps. The greatest contributor to these losses is traffic violations. The most common violations include excessive speed, fatigue, driving in poor or reduced visibility, distraction and driving under the influence of alcohol.

Gen. Don Cook, AETC commander, has urged all Airmen to make safety their top priority, not only during the 101 Critical Days, but throughout the year. As I’ve said before, you are the Air Force’s greatest asset and capability, and we do not need to see and experience anyone getting hurt, or worse, end up a fatality because they did not exercise proper judgment.

In order to ensure all of us have a safety mindset, we will officially kick off the “101 Critical Days of Summer” today with the third-annual “Safety Day” at Heritage Park. The event begins at noon with the annual Chiefs and Eagles softball game and runs through 3 p.m. There will also be a safety briefing, which all 325th Fighter Wing personnel must attend. Civilian personnel must either be at the picnic, at work or on leave.

torcycle skills class for riders, and a demonstration by the Base Fire Department. Also, the Bay County Sheriff’s Office will be on-site for their Children’s Identification Program. I encourage Team Tyndall and families to attend the day’s activities, as it is a great way to kick off the summer season with the proper safety mindset.

That said, as we roll into the summer months, there will be many opportunities for folks to participate in various recreational activities. For those who may be participating in aquatic recreation, it’s critical to exercise additional caution, as others on the water may not be thinking about safety. Rip tides present a very real danger here, and If you are swimming at the beach it is imperative you know your personal limitations and don’t exceed them. If you are riding personal watercraft, make sure you are looking out for others, and don’t take unnecessary risks.

Also, if any plans include driving long distances, ensure you plan for the trip

●SEE SAFETY PAGE 7

Action Line

Comment:

I’m a retiree and I want to know if there is a time limit on shipping personal property.

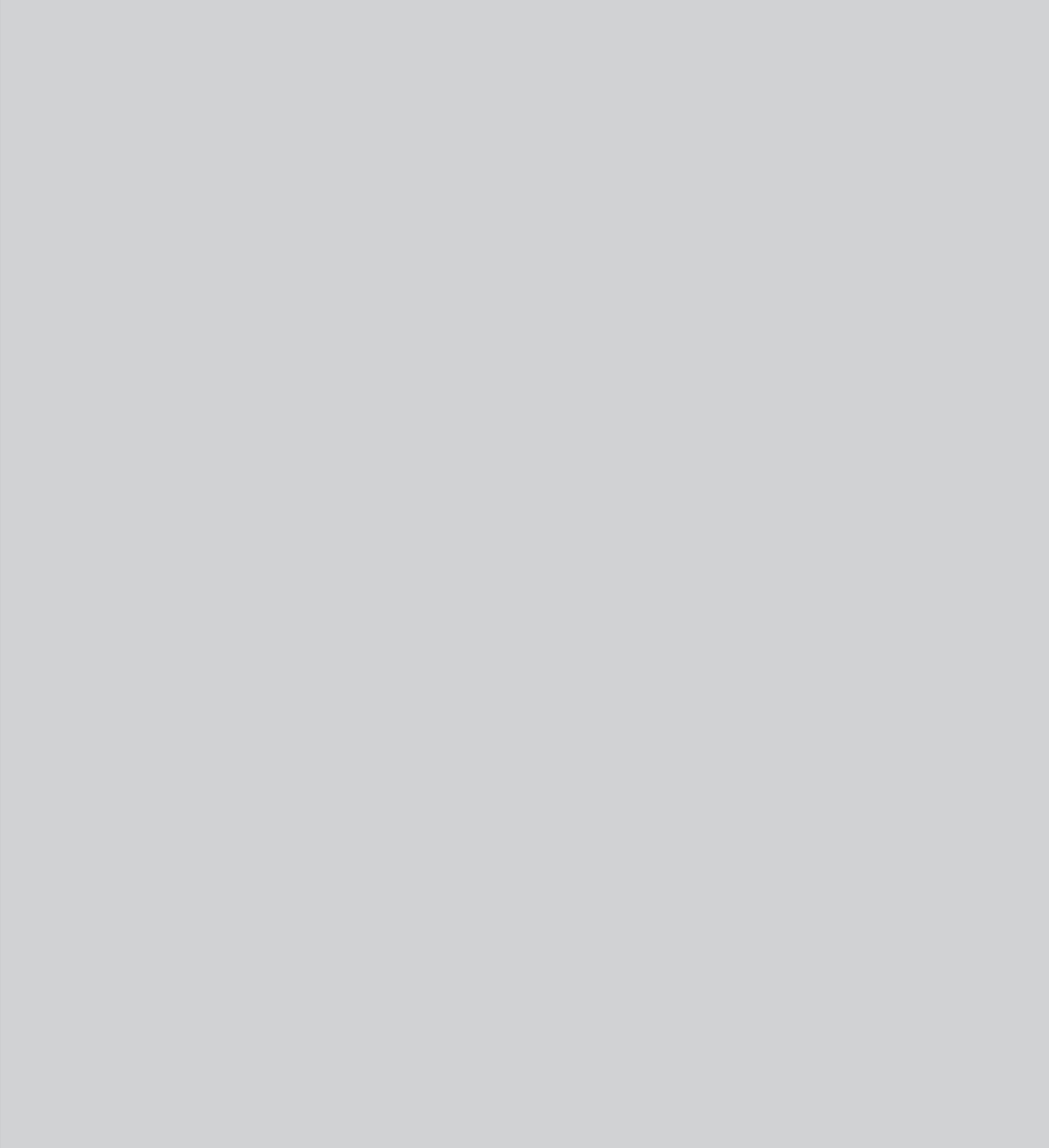
Response:

The Joint Federal Travel Regulation states that a member can store their personal property in non-temporary storage for one year from the date of retirement. There is also a provision for requesting an extension for extenuating circumstances or for educational purposes.

Larry D. New

BRIG. GEN. LARRY NEW
325th Fighter Wing commander

Action line: 283-2255.
Fraud, waste and abuse: 283-4646.
Energy abuse: 283-3995.



DOD standardizes HIV test interval across military

GERRY GILMORE
American Forces Press Service

WASHINGTON — Military members are now required to be tested for Human Immunodeficiency Virus every two years, according to a Defense Department health policy change implemented March 29.

The Armed Forces Epidemiological Board recommended the change, which standardizes the HIV testing interval across the services, according to Dr. David Tornberg, deputy assistant secretary of defense for clinical and

program policy, during a May 20 interview.

DOD requires HIV testing, Dr. Tornberg explained, because it is responsible for maintaining the health and well-being of all service members.

Previously, Dr. Tornberg noted, HIV testing intervals varied among the armed services. The military began testing service members for HIV, he said, in the mid-1980s.

Today, “we’re optimizing testing,” Dr. Tornberg explained, citing medical studies that show

very few people with HIV become sick with AIDS within two years of being infected.

Therefore, service members who test HIV positive under the new two-year interval, he noted, are most likely to benefit from antiviral drugs and other treatments that help keep the disease at bay.

“We’re looking to protect the individual,” Dr. Tornberg said, noting that HIV-positive service members are not automatically discharged and may continue on with their military careers.

The two-year interval also enables DOD to consolidate HIV testing for deployments. For example, he noted, Guard and Reserve members are now to have been tested for HIV within two years of a mobilization of more than 30 days.

Dr. Tornberg pointed out that both male and female service members could acquire HIV, which can be transmitted sexually, through intravenous drug use, or via blood transfusions.

People can help protect themselves from being infected with

HIV, Dr. Tornberg observed, by employing safe sexual practices, including having monogamous relationships, and by not engaging in drug abuse practices.

The HIV infection rate across the military is about 2 out of every 10,000 service members, Dr. Tornberg said, which is equal to or lower than the civilian population in the United States for the same age and gender.

“Our service people can avoid HIV infection, as can all individuals,” he concluded.

Deadline set for non-rated officer Professional Military Education applications

AIR FORCE PERSONNEL CENTER — Mission support officers considering Basic Developmental Education programs in 2005 have until June 15 to apply.

Available programs include the Air Force Institute of Technology; Education with Industry; Space Lift Education and Crossover Program; Space and Missile Acquisition Exchange Program; Acquisition and Intelligence Experience Exchange Tour; Acquisition and Logistics Experience Exchange Tour; Comptroller Operation Logistics Tour; Lean Aerospace Initiative; Fellowship at Massachusetts Institute of Technology; Marine Corps Expeditionary Warfare School; Communications and Information Engineering Exchange; Civil and Developmental Engineering Exchange; and the Financial Management Leadership Program.

“These programs are great opportunities for young officers,” said Lt.

Col. Phil Cooper, deputy chief of the mission support officer assignments division here. “All officers should take the time to check into developmental programs such as these and apply if it seems right for their progression.”

Officers in logistics, civil engineering, program management, develop-

mental engineering, communications and information, services, public affairs, manpower, special investigations and other mission support career fields may be able to apply for one or more developmental programs. Additionally, officers in intelligence and space and

missiles can apply for exchange programs with the acquisition career fields.

Officers must be released by their core assignment team prior to applying and officers must submit a completed Air Force Form 3849, “PME/AFIT/RTFB Officer Worksheet,” to the Air Force Personnel Center by June 15, according to Capt. Ryan Mueller, developmental engineering assignment officer.

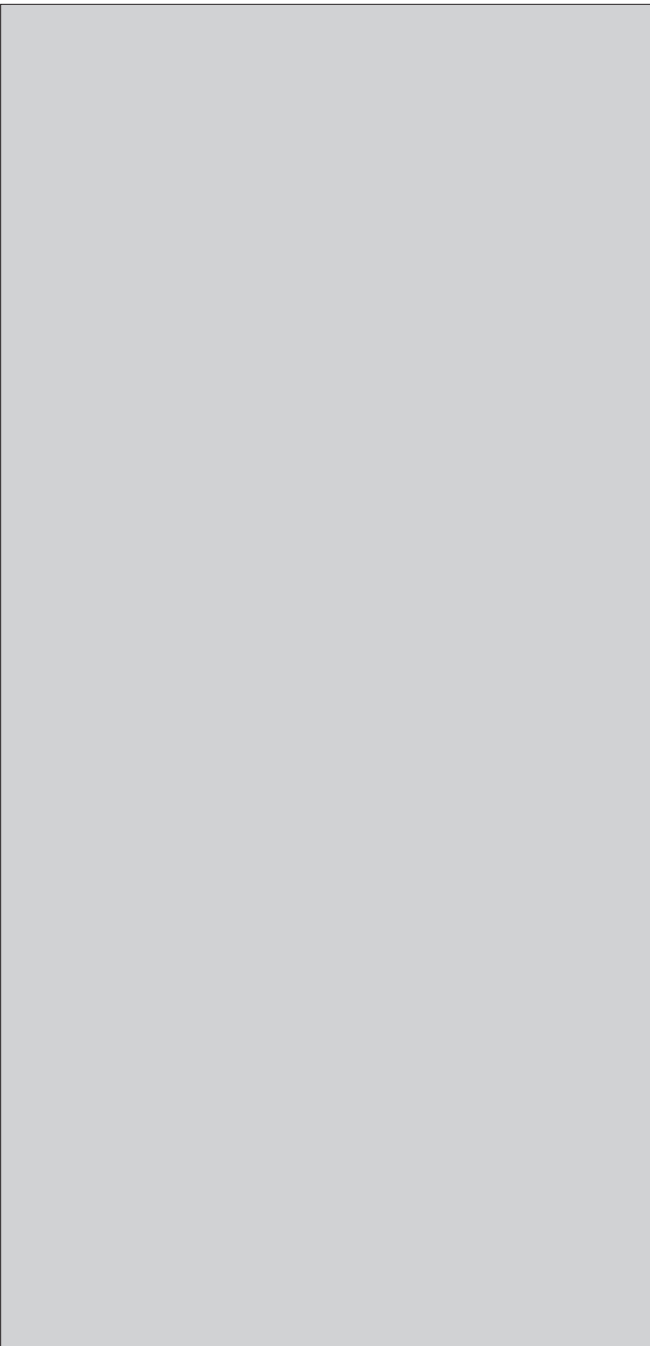
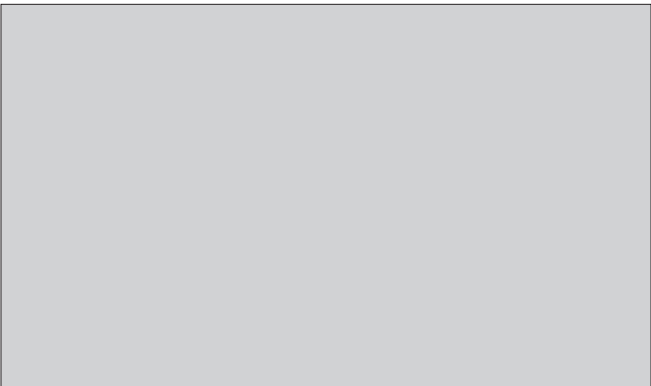
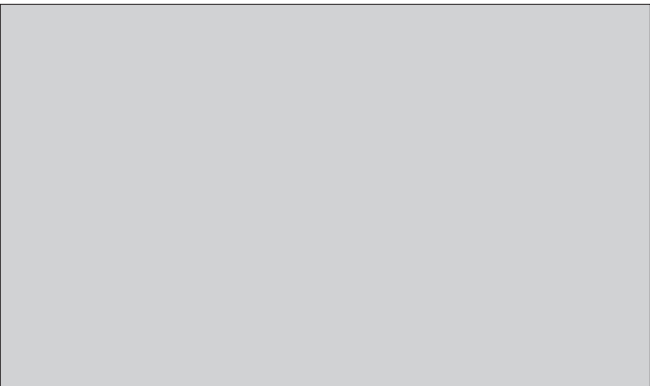
“This process is separate from the ongoing Intermediate Developmental Education process and eligibility requirements vary for each program,” he said.

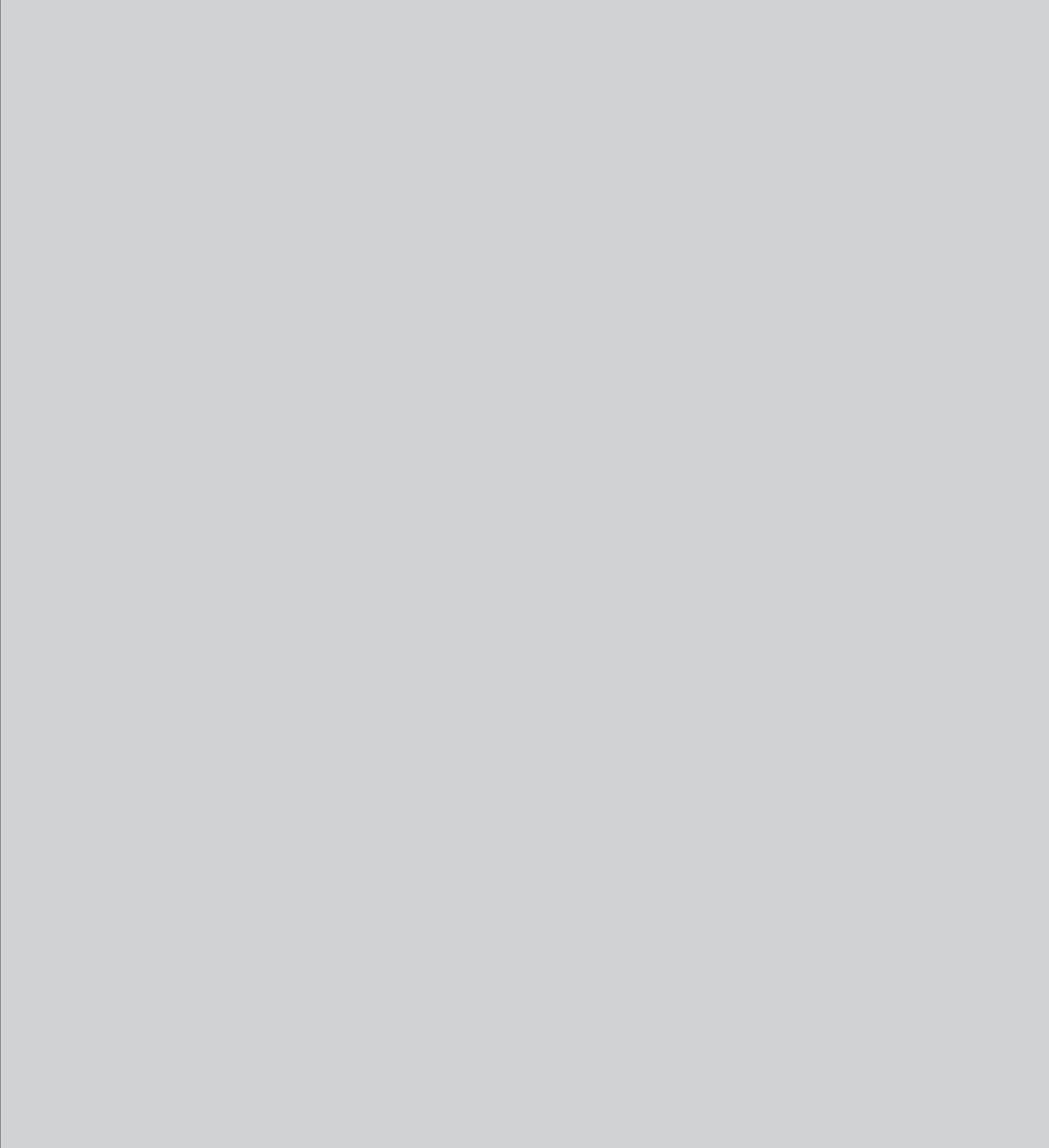
E-mail addresses for application submissions and complete details about each program are available at local military personnel flights or online at: www.afpc.randolph.af.mil/acquis/AFIT05Message.htm.

(AFPC is located at Randolph AFB, Texas)



Every member of Team Tyndall is valuable. Play it safe, don't become a statistic.





Third party collections ensure quality medical care

By law, the Tyndall AFB Clinic, like all military medical treatment facilities, is required to bill insurance companies for services provided to non-active duty beneficiaries. To comply with this law, patients must have an accurate and completed DD Form 2569 in their medical records at all times.

All non-active duty personnel receiving care in the 325th Medical Group must fill one out. The form is filled out whether or not you have medical insurance. If you do have other health insurance, you will need to provide that information on the form. If you do not have other health insurance, there is a place on the form to indicate this.

Information that must be provided includes name of insur-

ance carrier, policy number and effective date, sponsor information, your signature, and the date. Once you complete this form and return it to the technician, you will be mailed a Third Party Collection Verification Card. This card does not indicate whether or not you have insurance, but rather that you have a current DD Form 2569 on file and do not need to complete another until one year from the date on the card unless your insurance status changes.

If your insurance status changes, you must call the Third Part Collections staff at 283-7645 or 283-7945 about the changes immediately. When you show up for an appointment the technician will review your record and let you know

if your form has expired. If it has, you will be asked to fill out another one, which will be good for another year.

Only services billed to your insurance company are applied to your insurance deductible, including services provided at Tyndall. For that reason, it is important to ensure the third party collection office has you current insurance information. Your premiums do not increase when your insurance company pays for hospital or clinic visits. Also, you are not responsible for amounts not paid by the insurance company for services received at Tyndall Clinic, and you will never receive a bill from the Third Party Collection Office.

The Third Party Collection Program is vital to ensuring the quality of services offered at Tyndall remains high. Payments collected by the program are used to keep current services available and possibly add new services. Additionally, this money affords the 325th Medical Group the ability to purchase needed medical equipment and supplies in addition to funding continuing training for the provider staff.

The only way for the 325th Medical Group to continue to offer the quality of care you have grown accustomed to, is to provide us with your other health insurance information. If you have any questions regarding the information in this article, please call the Third Party Collections staff.

(Courtesy of 325th Medical Group)

Checkertail Salute

Staff Sgt. Dontavion Smith



Lisa Norman

Sergeant Smith receives the Checkertail Salute Warrior of the Week award from Brig. Gen. Larry New, 325th Fighter Wing commander.

The Checkertail Clan salutes Sergeant Smith, who has immersed himself in Local Area Network operations across the spectrum. He was responsible for receiving, imaging and assigning 53 new computers and 15 color laser network printers for the 325th Maintenance Squadron resulting in enhanced access, productivity and efficiency for the entire squadron. He also assisted with ordering and receiving equipment necessary to facilitate the F/A-22's in-depth technology and classification.

The Checkertail Salute is a 325th Fighter Wing commander program designed to recognize Tyndall's Warrior of the Week. Supervisors can nominate individuals via their squadron and group commanders. Award recipients receive a certificate, letter from the commander and a one-day pass.

Duty title: 325th Maintenance Squadron information manager

Time on station: 1.5 years

Time in service: 5.5 years

Hometown: Orlando

Hobbies: Spending time with family, playing basketball, volleyball and football

Goals: To become a chief master sergeant

Pet peeves: Dishonest people

Favorite movie: Austin Powers 1-3

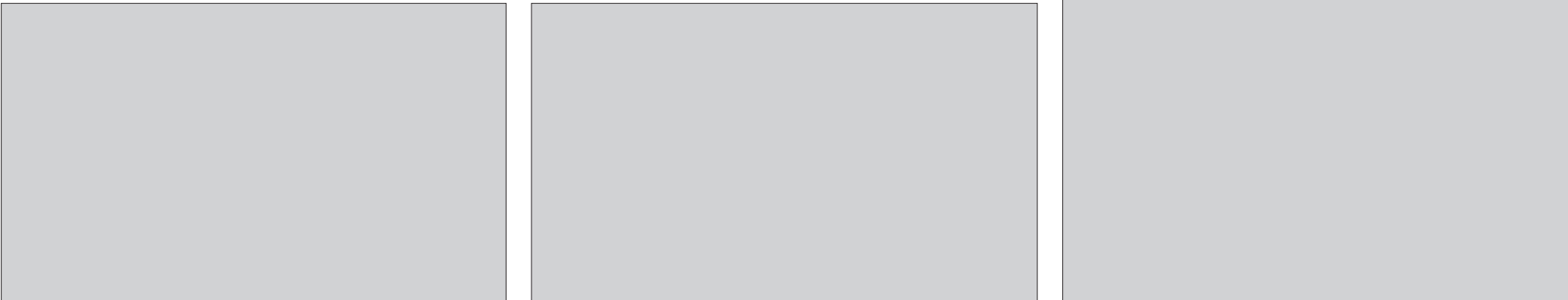
Favorite book: To Kill a Mockingbird

Favorite thing about Tyndall: The beaches

Proudest moment in the military: Becoming a noncommissioned officer



What's holding you back?



●FROM SAFETY PAGE 2 properly. Allow plenty of time to get to your destination and on long drives, break up the drive so you're not fatigued. Ensure you are well-rested before departing, and if you get tired while driving — please pull over.

No matter what activity you are participating in, under no circumstances should you allow alcohol to influence your decisions or actions. If you decide to consume alcoholic beverages, have a designated driver or a plan to get home safely. Also, if you are boating, remember that similar rules apply and boating

under the influence of alcohol is a serious offense, which can put the operator and others at risk.

Safety is something we should all be thinking about every minute of every day both on and off duty. Ensure you are making smart and safe decisions in all you do. A good plan can reduce the risk of injury.

Speaking of planning, hurricane season begins this weekend, and hopefully everyone is prepared. Weather experts are predicting an active hurricane season, and we know how quickly the weather in the Florida panhandle can change. I

urge everyone to review this issue's hurricane supplement, as it contains valuable information including a synopsis of the hurricane season, checklists, entitlement information and much more. Additionally, there are a number of resources available on the Web containing information about hurricanes.

Have a safe, enjoyable Memorial Day weekend, and I'll see all of you next week!



Common sense key to safety

STAFF SGT. MELANIE STREETER

Air Force Print News

WASHINGTON — Air Force officials want Airmen to use common sense and not fall victim to accidents during the "101 Critical Days of Summer."

These 101 days fall between Memorial Day and Labor Day. This is the period when the Air Force sees a rise in off-duty injuries caused by increased activity and risk taking, said officials from the Air Force Safety Center at Kirtland Air Force Base, N.M.

"Historically, this is a period of high risk, because people are doing more," said Herm Dean, the center's chief of ground safety operations. "People are outside traveling, swimming, camping — doing the things they've wanted to do all winter."

Unfortunately, Airmen are not always prepared to charge into summer activities. The safety campaign aims at drawing attention to safety awareness and risk management, especially on the road.

An average of 25 Airmen died during the summer months over the past five years, safety officials said. Most of these losses occurred in personal

motor vehicle accidents, including motorcycles. These accidents are largely preventable.

"Know your limits and use personal-risk management," Mr. Dean said. "Don't try to drive 10 to 12 hours a day. Plan your trips. Don't take unnecessary risks."

Mr. Dean also offered other advice while traveling this summer:

- Wear seatbelts.
- Remain alert while at the wheel, and plan breaks at frequent intervals.
- Do not speed to arrive early. It is better to arrive late than not arrive at all.
- Do not drink alcohol and drive.
- Anticipate the unexpected and be ready to react.

He suggests using a simple three-step process — A-C-T.

"Assess the risk; consider your options; take appropriate action," Mr. Dean said. "It's easy, like crossing the street. You would never cross without looking left and right first."

"If what you're about to do is dumb, different or dangerous, then maybe it's too risky and you shouldn't be doing it," he said.

If you plan to travel this summer, ensure you:

- ☐ Wear your seatbelt
- ☐ Remain alert at the wheel, and plan breaks at regular intervals
- ☐ Don't speed to get to your destination sooner
- ☐ Do not drink alcohol and drive
- ☐ Be ready for the unexpected



Help Us Conserve



YOU HAVE
the POWER®

Aircrew survival:

Specialized Tyndall teams work behind scenes to bring pilots home safely

TECH. SGT. DAN NEELY
325th Fighter Wing public affairs

TYNDALL AIR FORCE BASE, Fla. — Initially distressing news quickly turned to great news for Team Tyndall people May 21 when they learned one of their F-15 pilots had survived in good condition from a plane crash near here.

Lt. Col. Patrick Marshall, 1st Fighter Squadron commander, had ejected from his aircraft, parachuted into the Gulf of Mexico and was later rescued after being brought aboard the boat of a state law enforcement officer.

While other facts must await the accident investigation's final report, one thing was immediately certain. The colonel's suc-

cessful ejection and return home was largely thanks to some dedicated people in the aircrew survival business who fulfilled their missions long before he climbed into the Eagle's cockpit.

Perhaps for any such pilot, some of the earliest thank-you bear hugs would appropriately go to the military members and civilian contractors who work behind the scenes in the base's aircrew life support, egress and survival equipment shops.

Aircrew Life Support

Senior Master Sgt. Richard Bruck, superintendent of the 325th Operations Support Squadron Aircrew Life Support Section, said life support

Airmen throughout the flying units share the same motto: Your Life is Our Business.

"[They] all take that motto to heart," Sergeant Bruck said. "The equipment they're inspecting might bring a pilot back home to his family. And that's the whole goal. We want to bring them home, and every bit of this equipment, from the smallest thing to the largest thing is critical to their survival."

Life support technicians in each flying squadron are responsible for routinely maintaining and inspecting everything from the pilot's helmet, torso harness and oxygen mask to the G-suit that helps them fight gravity's effects on their body.

So important is life support training that Tyndall's F-15 basic course students must go through it every 60 days until they become proficient, then building toward 180-day and annual requirements.

"We have confidence in the gear that we provide to all of our pilots; however, there is always a chance that something can go wrong in a situation like this," said Staff Sgt. Denise Remetta, assistant NCO in charge, 1st FS Life Support Section. "It was a relief to hear that Lt. Colonel Marshall had made it down safely."

"We all know how important our job is as a Life Support technician," Sergeant Remetta continued, "but when something like



Photos by Tech. Sgt. Dan Neely

(From left) Tech. Sgt. Anthony Duplechain, 83rd Fighter Weapons Squadron life support flight chief, and Lt. Col. Steve Browne, 325th Fighter Wing life support officer, display an ACES II survival kit similar to those found in all F-15 Eagles.

this happens it really helps put things in perspective. We know that we are their last chance at survival."

Fighter Wing Life Support officer. "They have to go in and do it right the first time, every time, and it takes a special group of

professionals at what they do."

Survival equipment

Their team is small, but they play a big role in helping a pilot survive, should one ever need to eject. Just four Lockheed Martin Logistics Management contractors make up the Survival Equipment shop. Their motto, "We're the Last to Let You Down," is especially appropriate for a unit that works with parachutes, among other critical aircrew survival equipment.

●SEE SURVIVAL PAGE 10



Sergeant Duplechain demonstrates the LRU-16/P life raft during a recent life support training class. The life raft deploys automatically during the ejection sequence to assist the pilot in the event of an ejection over water.

"Every element of training is critical to a pilot's survival and mission success. The safety record of the Eagle is incredible, but this goes go to show you how many people are behind getting a pilot home safely."

BRIG. GEN. LARRY NEW
325th Fighter Wing commander

"Life support technicians are a bit of a different breed," said Lt. Col. Steve Browne, 325th

people. I'm proud of every one that we have out there in all the squadrons, because they're true pro-

Hurricane Season 2004

An informational supplement to the Gulf Defender

Proper planning ensures safer hurricane season

The 2004 hurricane season is upon us, and everyone should be thinking about what they are going to do in the event of a severe storm or hurricane.

Tuesday marks the beginning of the season, which runs through Nov. 30. By making plans early, many of the dangers that are associated with hurricanes can be alleviated.

Dr. William Gray, professor of atmospheric science at Colorado State University, Colo., released the 2004 Atlantic Basin Seasonal Hurricane Forecast April 2, which serves as a predictor of hurricane activity.

Dr. Gray's forecast for 2004 indicates an active hurricane season with an estimated eight hurricanes, of which three are predicted to be category 3, 4 or 5 storms, and 14 named storms.

Commenting on Dr. Gray's forecast, Craig Fugate, director of the Florida Division of Emergency Management, said the forecast should serve as a catalyst to get the people of Florida to begin hurricane preparations now.

"As the science of hurricane forecasting improves, no one should ever be caught off-guard from the magnitude of Mother Nature's fury," he said. "Dr. Gray issues hurricane season forecasts based on multi-decadal and seasonal trends. While the forecast numbers do not directly determine Florida's risk, they do serve as an excellent public awareness tool for hurricane preparedness."

Mr. Fugate urges all Floridians to ensure they have created a hurricane supply kit and it is ready to go should a storm appear.

"If you have prepared a hurricane supply kit for your household in the past, now is the time to restock for the upcoming season," he said. "The safety of your family

depends on your personal responsibility to prepare before the season begins and to stay aware of hurricanes threatening Florida throughout the season. I urge all Floridians to prepare and stay aware."

In addition to creating a hurricane supply kit, a family disaster plan outlining how you plan to deal with a hurricane is imperative. The plan should include information such as knowing the types of hurricane-related hazards that could threaten your home or endanger your family; identifying a safe room in your home for each hazard; planned escape routes from your home and places where your family should meet; important emergency contact numbers; an evacuation plan for your family and pets should it become necessary to leave the area.

In addition to knowing the dangers of hurricane conditions and having a plan, everyone should know what to do when a hurricane watch or warning is issued by the local National Weather Service office.

When hurricane conditions are forecast within 36 hours, a hurricane watch is

issued and the family disaster plan should spring to life. If a hurricane warning is issued, sustained winds of at least 74 mph are expected within 24 hours. At this time, your family should be in the process of completing proactive actions and considering whether to ride the storm out in your selected safe location or evacuate.

Making plans for natural disasters now will not only save valuable time later, but is also a good, smart way to make sure you and your family are safe throughout the hurricane season.

For more information on hurricane preparation, visit www.floridadisaster.com or www.noaa.gov.

(Compiled by 325th Fighter Wing public affairs)

Do you know the difference between a hurricane watch and a hurricane warning?

Hurricane watch

A hurricane watch indicates the possibility that you could experience hurricane conditions within 36 hours.

This watch should trigger your family's disaster plan, and proactive measures should be initiated, especially those actions that require extra time such as securing a boat, fastening storm shutters and removing objects from your yard that pose a significant safety risk in high wind conditions.

Hurricane warning

A hurricane warning indicates sustained winds of at least 74 mph are expected within 24 hours.

Once this warning has been issued, your family should be in the process of completing proactive actions and deciding the safest location to be during the storm.

(Courtesy of www.floridadisaster.org)

400 unprepared Floridians killed by 1935 hurricane

MASTER SGT. EDWARD BEST
325th Fighter Wing Safety Office

Predicting hurricanes in the early 1900s was not a dependable science. As a result, on Sept. 2, 1935, Gulf Coast residents were unprepared for Florida's most devastating hurricane and the flooding it brought.

The storm was the most intense Category 5 Atlantic hurricane to ever touch down in the United States. It roared into the Florida Keys and up the western coast of Florida. Because hurricanes were not named until 1950, the infamous storm is remembered as the “Great Labor Day Hurricane.”

We have come a long way in the science of predicting hurricanes. The number of fatalities in modern-day hurricanes has

dropped tremendously from that time. Because of our ability to accurately predict when and where a hurricane will make landfall, we are better able to prepare for their arrival.

Preparations begin by knowing when we are susceptible to hurricanes. For the Southeastern United States, the vulnerable period spans June 1 through Nov. 30.

According to the National Weather Service, in order for a hurricane to form, tropical ocean waters must be at least 80 degrees Fahrenheit, and that 80-degree layer of water must be at least 150 feet deep. Obviously, this condition is most probable during the summer months.

During this time period you may hear the terms “Hurricane

Watch” and “Hurricane Warning.” It is critical to know the difference between the two.

A watch means that hurricane conditions pose a possible threat to your area. Review hurricane safety procedures and make preparations. Listen to commercial radio and television for the latest information and instructions.

A warning means hurricane conditions are expected in your area within 24 hours. Areas subject to storm surge and flooding should be evacuated. Follow the instructions of local officials. Normally, you will not be asked to leave your home unless your life is threatened, so take evacuation instructions seriously. Leave low-lying areas, moor boats securely or evacuate them

and leave mobile homes for more substantial shelter. If it is safe to ride out the storm, stay at home if your home is sturdy and on high-ground. Also, make sure you stay indoors until an all-clear is given.

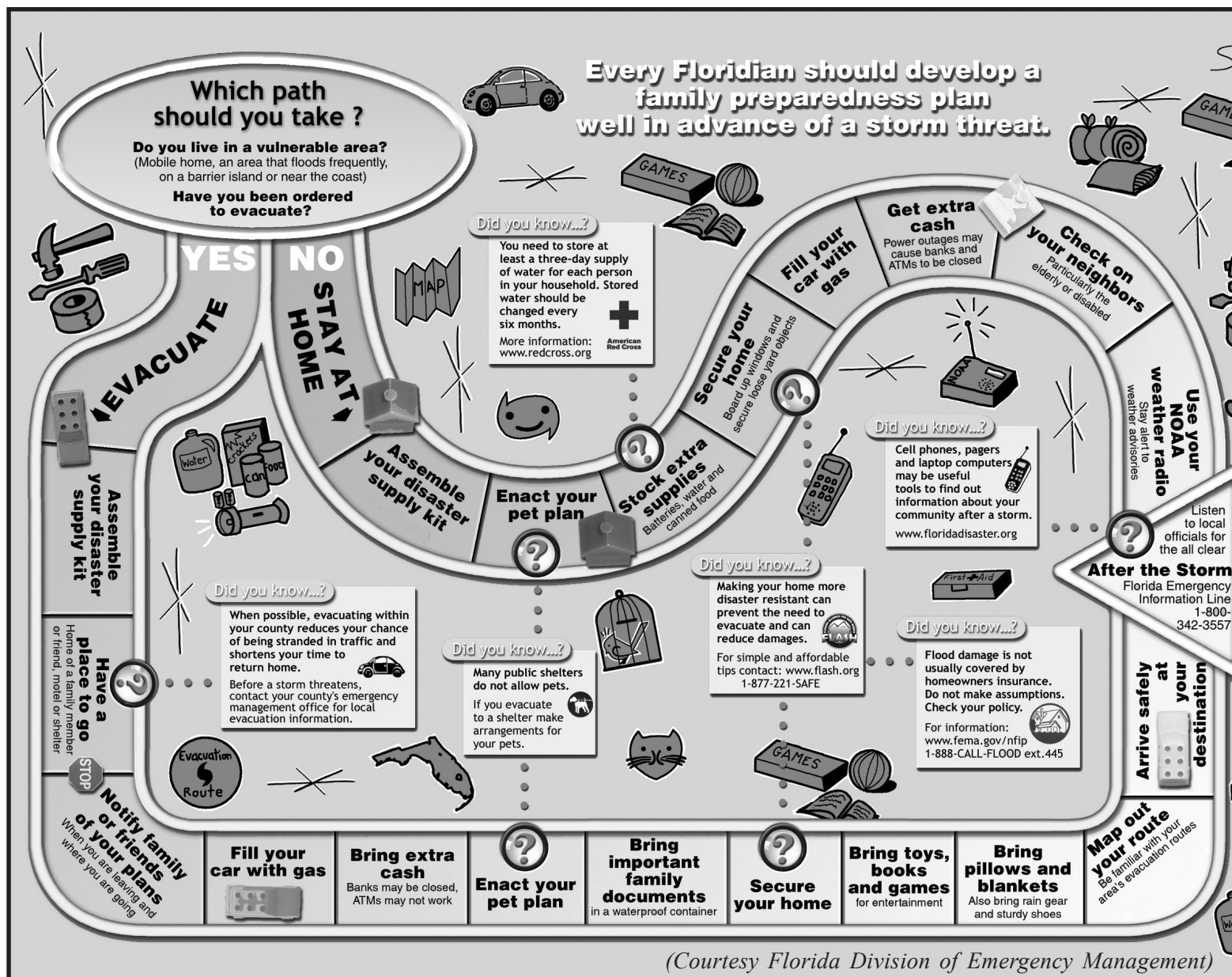
It is important to identify early where you could go if you are told to evacuate. This could be a friend's home in another town, a motel or a shelter. Identification is a requirement here at Tyndall, so if you don't have this on record with your squadron's orderly room, make sure you take the time to get this accomplished. Also, having a map handy is wise as you may have to take alternative or unfamiliar routes if major roads are closed or clogged.

There are two important lists

you should make while preparing for the arrival of a hurricane. The first is for a hurricane disaster kit containing items you can begin assembling now, such as canned food items, water, clothing and a flashlight and radio with extra batteries. The second is an evacuation list containing items you will want to take with you when you evacuate. Some important items include prescription medications and documents, such as insurance policies, deeds, birth and marriage certificates and tax records.

For a more information on hurricane preparation and evacuation, visit the National Weather Service Web site at www.noaa.gov/om/hurricane/index.shtml.

Don't be a casualty; prepare today!



Proper hurricane preparation begins long before the first glimpse of a storm on a weatherman's radar screen.

Creating a checklist to be used prior to a hurricane's arrival can ensure both you and your family are safe and secure when a storm makes landfall.

The list provided can be clipped out and placed in a safe place.

Do the following before an evacuation order is issued:

- ☐ Check hurricane kit and replace missing items. Ensure items such as food, water and batteries are rotated in and out of the kit to maintain freshness.
- ☐ Listen for official weather reports and announcements on radio and televisions. Announcements will also be posted on the base cable Channel 12.

- ☐ Note the address of nearest emergency shelter.
- ☐ Low-lying areas or mobile homes should be evacuated.
- ☐ If pregnant or ill, call a doctor for advice.
- ☐ Be prepared to turn off gas, water and electricity.
- ☐ Keep vehicles fueled and prepared to evacuate.
- ☐ Moor boats securely. Use long lines and allow for rising water.
- ☐ Secure objects that could become deadly missile hazards. Those objects include doors, shutters, gates, outdoor furniture, garden tools, sprinklers, hoses, children's toys, trash cans and loose branches.

If a hurricane evacuation is advised, do the following:

- ☐ Notify unit of evacuation destination.
- ☐ Notify destination of the evacuation and ensure there is no change in

availability. Notify out-of-area family/friends of evacuation.

- ☐ Leave the area as soon as possible.
- ☐ Follow official instructions.
- ☐ Disconnect all of your major appliances except for the refrigerator and freezer. Turn their controls to the coldest setting and keep the door closed.
- ☐ Provide food and water for your pets, or board them in a kennel. Pets cannot be taken to a Red Cross shelter or billeting.
- ☐ Shut off the water and gas at the main valve.
- ☐ If you have prescription medicine, have two weeks worth of your medicine on hand at all times.
- ☐ Ensure your home is properly secured.
- ☐ Drive safely, allow time for your trip and try to avoid areas where traffic congestion is likely to occur.

Staying ahead of the storm keeps stress levels down

Hurricanes are known to cause a lot of damage to homes and personal belongings, but they can also raise your stress level, putting you in a threatening and unfamiliar situation. The best way to beat this unexpected stress is to be prepared. There is a lot of information you can learn about hurricanes that can get you ready in the event that one should take place.

Though today's technology gives us time to brace ourselves for a storm, it doesn't allow for much preparation. The time is now, before the season reaches its peak.

Having a personal evacuation plan, or if on base, knowing the base's evacuation plan is critical to reduce trauma and ensure safety. Using a hurricane checklist, or a to-do list before a hurricane hits is one of the necessities of being prepared. Here is a list:

- When a hurricane watch is issued, listen to the National Oceanic and Atmospheric Administration Weather radio, local radio or television stations for up-to-date storm information.
- Be prepared to bring in anything that can be picked up by the wind. Also make sure that your car is full of gas.
- Check if you need batteries in the event of a power

outage and stock up on essentials such as food, water and medications.

• If a hurricane warning is issued, listen to the local officials and call your unit commander and evacuate if they tell you to do so. If the base is not commanded to evacuate, stay indoors away from windows.

Also, be alert for tornadoes, which can happen once the hurricane passes over. Do not assume when the eye passes that everything is calm again because the winds

Having a personal evacuation plan, or if on base, knowing the base's evacuation plan is critical to reduce trauma and increase safety during such a contingency.

will start to blow from the opposite direction. All that was damaged by the first winds may be destroyed by the second. The safest place in your home is in the middle of the house away from windows, or in a closet or bathroom without windows.

Hurricanes can also cause quick flooding, so if you run into flood waters that are rising rapidly around you, climb to the highest place possible. Team Tyndall has made two plans for the evacuation of its troops, an aircraft

evacuation plan and a disaster preparedness plan.

A variety of communication mediums are used to keep Team Tyndall's members up-to-date on hurricane conditions. These include battle staff directives sent, e-mail messages, radio-nets, commander's access channel (Channel 12 on base), sirens, public access loud speakers, signs at the gates, and if needed door-to-door runners.

While evacuation orders for Tyndall Team members come from the installation commander, downtown officials will notify off-base residents of the need for evacuation. Members are advised to pay attention to emergency information in order to meet evacuation times. People should know where they are going and how to get there, and should check with their unit commander for squadron-specific restrictions and guidance.

For safety and base security reasons, some members must stay behind to provide base support and finish base preparation after an evacuation has been issued.

The key to making it through a contingency such as a hurricane without added stress is being prepared for it. Know what the HURCON levels are and know what to do. Have a checklist and evacuation plan and follow through with it.



A hurricane kit is valuable tool during a severe storm. Ensure you have the proper materials on-hand. The following checklist can help.

- ☐ Foods: Nonperishable and canned foods that do not require cooking. Also, special dietary foods as required.
 - ☐ Drinking water: At least two quarts per person per day contained in nonbreakable containers.
 - ☐ Important personal property: Identification, cash, valuable papers, insurance policies and photos. Store these items in a waterproof container.
 - ☐ Battery operated all weather radio with extra batteries. A NOAA-capable radio is recommended.
 - ☐ Personal hygiene items: Soap, deodorant, shampoo, toothbrush, toothpaste, aspirin, antacid, towels and washcloths, etc.
 - ☐ Utensils: Manual can opener, disposable plates, cups, forks, knives, spoons, napkins, etc.
 - ☐ Personal aids: Eyeglasses, hearing aids and batteries, prosthetic devices, etc.
 - ☐ Leisure items: Books, games, cards, toys, etc.
 - ☐ Infant care items: Disposable diapers, wipes, formula, baby food.
 - ☐ Flashlight with extra batteries.
 - ☐ Fire extinguisher.
 - ☐ First aid kit: Prescription medications (two-week supply), bandages, gauze, adhesive tape, sterile pads, band aids, triangular bandages, safety scissors, non-prescription medicine, sun screen, insect repellant, rubbing alcohol, hydrogen peroxide, etc.
 - ☐ Bedding: Sleeping bags, blankets and sheets, pillows, etc. These items should be stored in a waterproof canister.
 - ☐ Clothing: At least one change of clothing including an extra pair of rugged shoes.
 - ☐ Tools: Screwdrivers (slotted and Phillips), hammer, nails, utility knife, axe, scissors, hand saw, pliers, rope, plastic tarp, drop cloths, tape, etc.
 - ☐ Camping accessories: Lantern, portable stove, matches, portable cooler, etc.
 - ☐ Wood to secure broken windows, etc.



Contingency line information

A contingency phone number has been set up and activated to disseminate information to Team Tyndall during events such as hurricanes.

By calling (877) 529-5540, military and civilian personnel can get information from the wing leadership, as they will post updated messages and keep the base-populace informed.

The telephone number has already been activated and in the event of a contingency, such as a hurricane, messages will be provided informing base personnel when to evacuate if necessary, or if an aircraft evacuation has been ordered. The information line will also inform people if no evacuation is anticipated.

This number is not to be confused with other 1-800 numbers used during hurricane evacuations, officials said. Those numbers are dedicated to informing Tyndall employees when to return following an evacuation.

This contingency number is used primarily to keep Tyndall personnel aware of a

situation's current status.

The other numbers for use during hurricane evacuations are (800) 896-8806 to contact Tyndall for the status of the base and return to duty information, and (800) 453-9941 to contact the Air Force Personnel

Center to report your location during the evacuation and to receive further instructions.

To report that you evacuated to a different location than you indicated on your TAFB Form 254, call (334) 953-0423, which is the Hurricane Essential Site Off (HESS) team at Max-

The contingency number has 32 lines available in an effort to handle many callers at the same time.

Along with a hurricane evacuation kit, keep a list that tells you what to do in case of an emergency. Keep important phone numbers with you to ensure you have the latest information.



Do you know what a HURCON is?

HURCONs are part of a five-level hurricane threat assessment system. Each level indicates a change in threat status to Tyndall Air Force Base based on changes in sustained wind speed and arrival time.

HURCON 5

Indicates the threat of a hurricane exists. This level exists from June 1 - Nov. 30, and may be upgraded as storms form and/or threaten Tyndall.

HURCON 4

Indicates surface winds in excess of 58 mph could arrive within 72 hours.

HURCON 3

Indicates surface winds in excess of 58 mph could arrive within 48 hours.

HURCON 2

Indicates surface winds in excess of 58 mph could arrive within 24 hours.

HURCON 1

Indicates surface winds in excess of 58 mph could arrive within 12 hours.

Base honor guard to increase awareness through demo

STEVE RIDDLE

325th Services Squadron publicist

The Tyndall Honor Guard will give the base population a chance to get an up-close look at what they do during an open house ceremony scheduled for June 7.

The demonstration will take place at the Honor Guard building, Bldg. 1015, located at the intersection of Suwannee and Georgia Avenues.

The event begins at 10 a.m. and will include a speech by Brig. Gen. Larry New, 325th Fighter Wing commander, and a mock military funeral demonstration with a 21-gun salute.

Refreshments will be served after the ceremony and Honor Guard members will be on hand to answer questions.

"We are having this event to bring awareness to commanders and supervisors about the importance of the base Honor Guard," explained 2nd Lt.Carolynn Czepiga, Tyndall Honor Guard officer-in-charge. "We want to actually show them what the troops go through every day."

And they go through plenty, according to Lieutenant Czepiga. Along with staying proficient at their Honor Guard duties, members



Steve Riddle

Members of the Tyndall Honor Guard practice the 21-gun salute during a recent training session. The rifle used in the ceremony is the Winchester M-14.

also have worked hard to keep their uniforms pressed and bodies and minds fit to represent the Air Force.

"A day can be spent practicing the various duties they have to perform, going to physical training, and study time," she said. "Also, we have open-ranks inspections to make sure their uniforms are in order." Along with educating the public to all aspects of honor guard duty, the team also hopes to attract some new

members.

"Primarily, we're looking for E-1s through E-6s," said Staff Sgt. Tyson Wilhelm, the Honor Guard's NCO-in-charge. "But, we'll accept senior NCOs and officers too. Basically, any active duty member is eligible."

Sergeant Wilhelm was quick to point out that there are several criteria that interested personnel must meet. Members must have had no disciplinary actions against them in the past year. They must have scored a 75 or higher on their most recent physical fitness test and must not be on profile.

Volunteers must have a letter of recommendation from their commander or first sergeant, and they must present a positive military image.

He added it helps to be accustomed to the Florida heat and humidity.

"You have to have good endurance," he explained. "You'll be standing for long periods of time."

With the hard work comes rewards. Honor Guard members are given a complete ceremonial uniform with free dry-cleaning at the Tyndall Linen Exchange. Two duty uniforms can also be dry-cleaned there each week. There are parking spots designated for Honor Guard members at the Enlisted Club, Base Exchange and Berg-Liles Dining Facility.

There are several other benefits, but the most important, especially for junior Airmen, is the extra boost it can provide for someone seeking early promotion or quarterly and annual awards or recognition. Additionally, it's an opportunity to represent the Air Force and be involved in base and community activities.

"Serving on the Honor Guard can definitely help promotion opportunities for younger airmen, especially when competing on a Below-the-Zone promotion board," Sergeant Wilhelm said. "In the past year, we've had four of our troops get selected for a below-the-zone promotion. Obviously they had other things going for them too, but being on the Honor Guard definitely helped."

For more information on the Tyndall Honor Guard, call 283-4405.

●FROM SURVIVAL PAGE 8

The team, which brings a century of combined experience, annually maintains the ACES II personnel parachute, the LPU 9/P life preserver, the LRU 16/P life raft and the ACES II drogue parachute assembly, which is inspected every three years. They also repair torso harnesses and anti-G garments, and all flight clothing worn by aircrew members.

Roy Stuckey, shop lead, described how a pilot's survival equipment is designed to function in an over-water ejection sequence.

"The ACES II is supposed to deploy when the pilot that has ejected reaches the safe, predetermined altitude," he said. "His preserver will inflate when he enters the water, and about the same time, his parachute will be released from his harness so that the water current won't pull him under. All these actions are automatic."

Shop member Stuart Saufley shared his reaction to the news of Colonel Marshall's safe ejection and recovery.

"It's a rare thing to hear about an ejection, but they do happen. And when they do, it's very rewarding to know that you saved a life."



Tech. Sgt. Dan Neely

Sergeant Duplechain displays a MK-13 handheld flare. The flare is used to signal rescuers during both day and night operations. It is one of many items found in the pilot's ejection seat survival kit.

Egress

Like their survival equipment sister shop, the 10 Lockheed Martin contractors in this unit bring a wealth of career field experience to Tyndall's aircrew survival business. According to James Smiler, egress lead, this team inspects and maintains the F-15 and F/A-22 ejection seat systems.

"On the F-15C model, we track and time change over 50 explosives items which, through a series of actions, enable the crewmember to escape from a disabled aircraft." The egress shop inspects the ejection system every 30 days or any time something is disturbed on the system, whether it is seat removal, parachute

changes or survival kit changes. At the 36-month point, the shop completely disassembles the ejection seat, tests environmental sensing units, performs pull checks on ejection control handles and emergency pilot parachute handles and re-verifies all explosive components on the system.

Mr. Smiler said the ejection sequence begins with the ejection control handles. A series of initiators are fired, which prepare the pilot to depart the aircraft. At the same time, the jet's canopy assembly is jettisoned. Once the canopy is removed the seat catapult

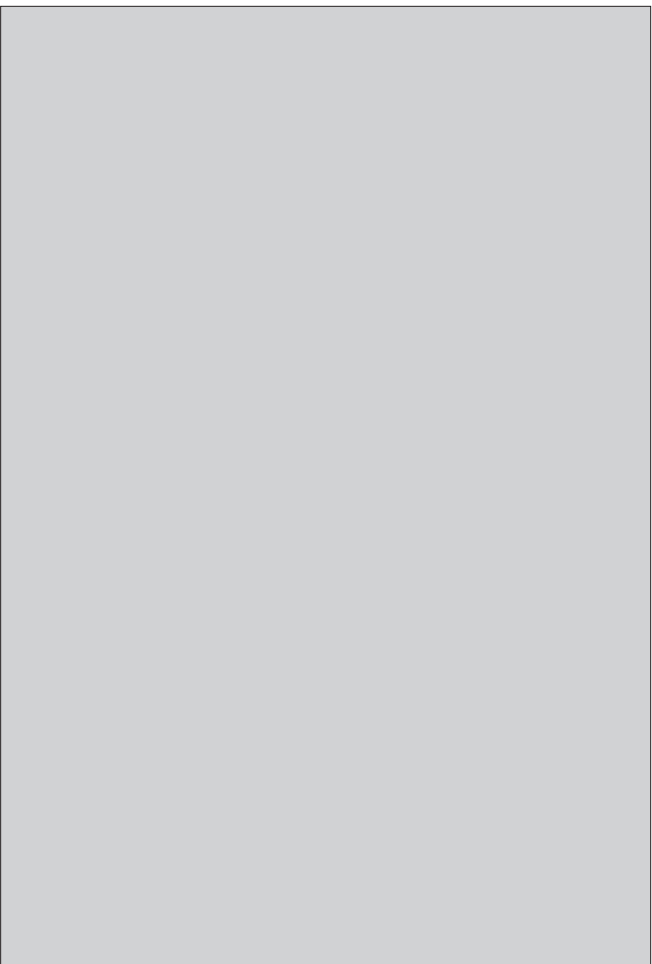
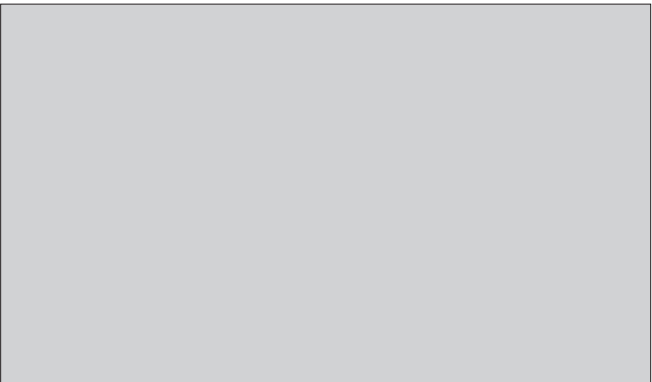
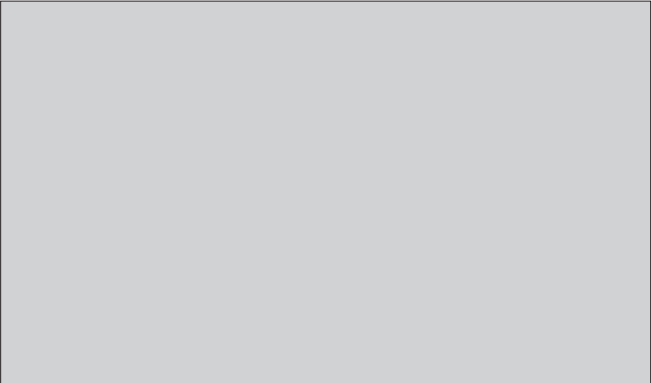
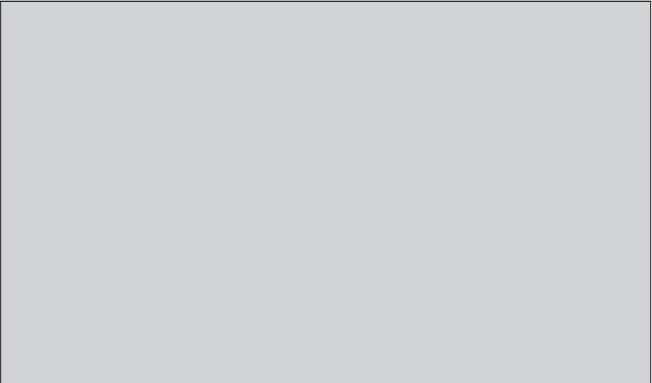
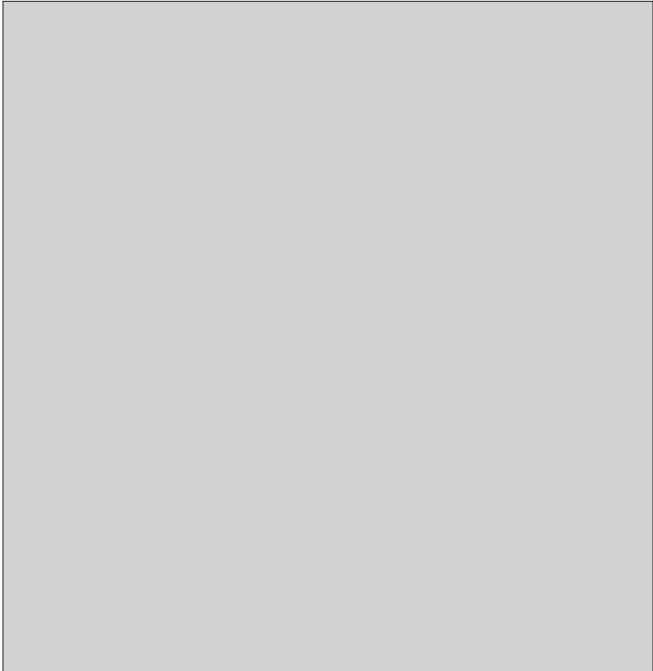
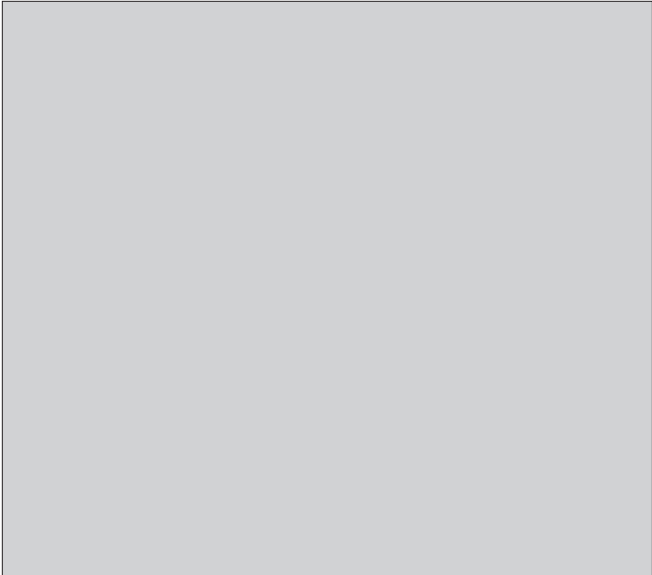
fires, pushed by explosive charges, ejecting the pilot from the aircraft. Sensing units within the seat assembly calculate the pilot's airspeed and altitude, starting the ejection's recovery phase. Next, seat/man separation occurs, a recovery parachute and survival kit deploy, while the pilot descends to a land or water landing below.

"We were elated to learn that this crewmember's ejection was successful, and that a life was saved," Mr. Smiler said.

Training

This year Tyndall Air Force Base will fly nearly 14,000 F-15 sorties and more than 1,120 F/A-22 flights.

"Every element of training is critical to a pilot's survival and mission success," said Brig. Gen. Larry New, 325th Fighter Wing commander. "The safety record of the Eagle is incredible, but this goes go to show you how many people are behind getting a pilot home safely."



ANONYMOUS. DEPENDABLE. FREE RIDE.

a.a.d.d.

FRIDAY & SATURDAY 5:00PM - 5:00AM

AIRMAN AGAINST DRUNK DRIVING
867-AADD(2233)



Lisa Norman

Hula dance fever

Members of the Panama City-area's Fil-Am Club perform a Hawaiian Hula dance at Team Tyndall's Asian-Pacific American Heritage celebration Wednesday in the Officers' Club. A packed house also saw a musical ensemble perform traditional Korean favorites using native instruments.

Events

Palace Chase information

The Air National Guard has part-time positions available throughout the country to military members separating or thinking about applying for Palace Chase.

Cross-training is available, and members retain most of their benefits in addition to some state benefits such as 100 percent tuition assistance.

For more information, contact Master Sgt. William Andujar at (850) 884-2729 or e-mail william.andujar@hurlburt.af.mil.

Virtual education center

The Air Force Virtual Education Center is the Air Force's premier site for providing information about your education benefits. The purpose of this site is to provide, the "student," a user friendly one-stop-shop for all your higher education needs. Log on to <https://afvec.langley.af.mil/afvec/> to view your Community College of the Air Force Progress Report, order/send your CCAF transcripts through the AFVEC to any college/university, get your CLEP/DSST test scores, view other

education centers, services and available on base schools, get information about commissioning programs such as OTS, ROTC, Air Force Academy, AECP, and officer PME such as SOS, ACSC, & AWC.

AAFES Memorial Day hours

In observance of Memorial Day, the Base Exchange will be open Saturday from 9 a.m. to 7 p.m., Sunday from 10 a.m. to 5 p.m., and Monday from 10 a.m. to 5 p.m.

The Shoal Point Shoppette will be open all three days from 11 a.m. to 6 p.m.; the Felix Lake Shoppette will be open from 6 a.m. to 9 p.m. all three days; The Class Six will be open Saturday from 8 a.m. to 10 p.m., Sunday from 10 a.m. to 6 p.m., and Monday from 10 a.m. to 5 p.m.

Stress classes

The Life Skills Support Center is offering the following two-session classes on Wednesday and June 9, and July 14 and 22: "How to Beat Stress" from 10 a.m. to noon, "Depression and You" from 1 – 2 p.m., "Getting a Handle on My Anxiety" from 3:30 – 5:30 p.m. Classes are located in the Family Support Center classroom and are offered to every-

one age 18 and over. Call 283-7511 to sign up.

Thrift Shop

Consignments may be brought in every Wednesday and Thursday from 9:30-11:30 a.m. Twenty items may be consigned each day. Regular shopping hours are 9:30 a.m. to 12:30 p.m. Wednesday through Friday. The Thrift Shop is located at 743 Suwannee Drive across from the post office. Phone: 286-5888.

Classifieds

16-foot touring kayak package

Includes Scimitar kayak, performance paddle and pump. \$550 or best offer. Call 874-9179.

Chow/mix puppies

Two male, predominately Chow Chow/mix puppies available to a good home. Cost is \$50, money will go to charitable causes, new owner will receive a certificate for neutering services. For more information or photo, call Sarah 819-4064 or Lauren 866-0070.

Yard sales

- 3422B Mathies Ct.
- 2915A Beacon Beach Rd.

Garage sales are 8 a.m. to 4 p.m. Saturday

Retiree news

VA announces CARES decisions

Secretary of Veterans Affairs Anthony Principi has announced details of a comprehensive plan to modernize the Department of Veterans Affairs health care system.

The plan includes new hospitals in Orlando and Las Vegas, 156 new community clinics, four new spinal cord injury centers, two blind rehabilitation centers and expanded mental health outpatient services nationwide.

The investment of nearly \$1 billion annually for several years is the result of a major three-year review of the medical system serving America's 25 million veterans.

The three-year review called CARES stands for "Capital Asset Realignment for Enhanced Service." It was a landmark study of the nation's largest health care system, which is operated by VA.

CARES assessed veterans' current health care needs and developed recommendations for meeting those needs in the future.

By opening health care access to more veterans, VA expects to increase the percentage of enrolled veterans from 28 percent of the veterans' population today, to 30 percent in 2012 and 33 percent in 2022.

In some cases, the plan also calls for transferring care from antiquated facilities to more modern or better located VA facilities or contracting for care in local communities.

(Source: *Air Force Retiree News Service*)

Chapel Schedule

Catholic services held at Chapel 2:

Daily Mass, 11:30 a.m. Monday-Friday
Reconciliation (before Saturday Mass or by appointment)
Saturday Mass, 5 p.m.
Sunday Mass, 9:30 a.m.
Religious Education, 11 a.m. Sunday.

Protestant services at Chapel 1:

Communion service, 9:30 a.m., Chapel 1
Religious Education classes, 9:30-10:30 a.m. in Bldg. 1476
General Protestant service, 11 a.m., Chapel 2.



Funshine NEWS

May 28, 2004

www.325thservices.com

NCOIC Needed

NCOIC needed for highly visible Base Honor Guard program. Minimum requirements:

1. Must be a SSgt or above and have complete 7-level training.
2. Must possess 16 months retainability.
3. Must have experience with Microsoft Word, Power Point and Excel.
4. Must present a positive personal image and possess the ability to brief upper echelons of military and civic leaders alike.
5. Experience in Honor Guard preferred, but not required. Use the targeted resume format from the Tongue and Quill and turn in to the OIC, 2 Lt Carolyn Czepiga, X1108, NLT Jun 16. A selection board will be held the week of June 21-25 and results will follow soon after. Training/Start date for the position is tentative for July 1.

Skills Development Ctr.

☎ 283-4511

Youth Arts & Crafts Summer Camp

Fee is \$10 for three days (Tues.-Thur.) 1-3 p.m. Fee includes summer camp t-shirt and supplies to make a different art project per day.

Agenda: June 15, Orientation tour of the facility with an embroidery machine demonstration. Students will design their own t-shirt.

June 16, Students will construct bookends in the wood shop.

June 17, Students will design their own print and learn to frame the print properly in the frame shop.

The camp is open to children 8 yrs. and older. Max. of 8 per session. Must register by June 8. If you cannot attend all three days, you may register for one of the days. Cost is \$5 per day.

Pelican Point Golf Course
AETC Youth Golf Clinic
June 7 & 21, July 12 & 26

Each session - Monday, Wednesday, Friday
 For 2 weeks each

2 Sessions per day 8 & 9 a.m.

Cost: \$59.95 first time participant

\$30 repeat participant

Total value: \$185.00 worth of clubs, bag, hat, shirt, instruction booklets, bag tags, and tournament

Sign-up: No later than 14 days before clinic starts.

Call the Golf Pro Shop for more information: 283-4389

Marina Club

☎ 283-3059

Best Salad Bar on Base

All you can eat with soft drink \$5.95.

Social Hours

Every Friday evening from 5:30-7:30 p.m. followed by a club card drawing for cash. (Must be present to win.)

The Vet Clinic will be closed on May 31, 2004

Bonita Bay

☎ 283-3199

Base Pool Info:

The base pool is now open for open swim for weekends only: 11:30 a.m.-6:30 p.m. Pool is open for lap swim 6-8 p.m., 11-11:30 a.m.; 5-6:30 p.m., Tues.-Fri.: FREE. Water aerobics begin: May 18 on Tuesday and Thursday 11:30 a.m.-12:30 p.m. and 6:30-7:30 p.m. FREE. Pool opens for open swim during the week on May 19; Wed & Fri from 11:30 a.m. - 6:30 p.m., Thurs. 12:30-6:30 p.m. Pool passes: \$40 per person and \$5 for each additional person up to 3 and free to all other family members from the same family. 30 punch card for \$25 or \$1.00 per day.

Water Aerobics

Back by popular demand. Tuesdays & Thursdays: 11:30 a.m.-12:30 p.m. & 6:30-7:30 p.m., Wednesday: 6:30-7:30 p.m., Saturday 6-7 p.m. Shallow water is of little impact on the body. Deep water is no impact on the body. Check for pre-requisites with Denise at butts_n_guts@hotmail.com Personal water aerobics training is also available for \$15 per half hour. Payments must be made at Bonita Bay.

Sealed Bid NAF Vehicle Sale
 1987 Ford Step Van
 43,345 miles. Minimum Bid \$800.00
 Location 113 Suwannee Ave.
 Behind Bldg. #1129
 Sold as is - Bids will be accepted until
 June 10, 2004 - 4 p.m.
 POC: Robert Davison Rm. 12 3-4794

All Ranks Lunch

at the
Officers' Club
Mon.-Thurs.: \$6.95 ■ Friday: \$7.95
11 a.m.-1 p.m.

Unlimited access to the daily buffet, salad bar, fountain soda, tea & coffee!

Includes Fresh, Hot, Carved Meat Sandwiches on Kaiser Roll

Monday	Chef's Choice
Tuesday	Italian
Wednesday	Oriental
Thursday	All American
Friday	Seafood

* Members, show your club card to receive a \$1 discount!

On Base Food Delivery

■ **Lunch Menu:** Mon.-Fri. 11 a.m.-1 p.m.

Limited to office deliveries (i.e. squadron addresses)

■ **Evening Menu:** Fri. & Sat. 5:30-9 p.m.

Subs & Pizzas
286-2900

Crazy Cash Give-away
at the O' & E Clubs Fridays
during Social Hour.

Jackpot starts at \$100. The first member name drawn is for the jackpot. If there is no winner \$25 will be added to next week's jackpot (max. \$500). Once the name is drawn the winner has 5 minutes to claim their prize. If the winner fails to claim their prize a second drawing will be held from bar receipts for \$25.

283-4357 for details

34th Annual Panama City Open
 at the Tyndall Marina Club

Spearfishing Tournament

June 18-20, 2004

Important Dates & Times:

Register/Mandatory Safety Meeting: 6:30 p.m., June 17, 2004 (This is mandatory for all competitors.) Competition: 6 a.m., June 18 - 12 p.m., June 20 • Weigh-ins: June 18 & 19, 5-8 p.m., June 20, 9 a.m.- noon Only those divers who have notified the weigh master in person and are waiting in line at the cutoff time to weigh fish are eligible. Awards Ceremony will follow the last weigh-in when scores are tabulated. Fish Fry: Starts at 11 a.m. on Sunday (Open to the Public)

For more information call: **283-3059**

Start getting ready now

2004 Air Force Marathon

September 18, 2004

Call the Fitness Center for details.

Or visit the official website at:

http://afmarathon.wpafb.af.mil/registration.htm

283-2631



2004 Muscle Beach Bench Press and Powerlifting Competition

June 5 Weigh-Ins begin at 9 a.m. Competition begins at 10 a.m.

Participants must be 16 year of age or older.

Participants must register by June 3

The competition is open to all Active Duty, Reservists, DoD employees, Government Contractors, Retirees and family member.

For details call: 283-2631

Tyndall AFB, Florida

Outdoor recreation complex offers summer fun for Team Tyndall

STEVE RIDDLE

325th Services Squadron publicist

Warmer temperatures mean more outside fun. They also mean increased hours at Tyndall's Bonita Bay Outdoor Recreation Complex.

Services offered by the complex are now available seven days a week throughout the summer season.

Bonita Bay consists of three separate offices: Outdoor Recreation; Information, Tickets and Travel; and Leisure Travel.

The Outdoor Recreation Office provides a variety of gear for outdoor activities.

"Our office is all about enjoying everything under the sun," said Cindy Workman, Bonita Bay director. "We have boats, bicycles, a paintball field, the ropes course, horse stables, lawn and garden equipment, and instructional classes for things like sailing and kayaking, plus outdoor adventure trips."

Since so much of the surrounding area is water, Outdoor Recreation has plenty to offer for boating fun. Pontoon boats that can carry up to 11 people or motorboats can be rented, both on a daily or half-day basis.

Along with the boats, there are water skis, kneeboards, wake boards, tubes, and plenty of life jackets to keep everyone safe. In order to rent boats at the marina, though, at least one person in the party must have passed a current boater's safety course.

The test is available online at www.boatus.com, or you can visit the Bonita Bay Marina to take the test in-house.

For those who enjoy wind power instead of a motor, a variety of small sailboats are also available. They also require certification, but the Outdoor Recreation office offers classes on sailing that, once completed, will certify people to sail.

Kayaks and canoes are frequently rented too, and classes are available for first-timers. The office also offers

monthly canoe trips down the various creeks and streams of Bay County throughout the summer.

People out for a day of fun may need coolers, grills, tents, lanterns, footballs, frisbees, or volleyballs and nets. The Outdoor Recreation office has them too, and

at very cheap rates.

"We have more than competitive pricing on boating packages, canoe and picnic items, and party events," Ms. Workman said.

And the pricing is even better for squadron functions. Any squadron on Tyndall can rent out many of Bonita Bay's facilities, which are located throughout the base.

For those who just feel like lounging at the pool, the base pool offers lap swimming in the morning and open swimming until 6:30 p.m. throughout the season, which runs through Labor Day weekend. Additionally, the pool is available for unit functions.

The Paintball Course, located just inside of Sabre Gate, has three different paintball courses, and right beside it is the Ropes Course, offering challenging obstacles requiring clever thought and teamwork to overcome, and a 60-ft. rappelling tower and climbing wall, complete with a zip line for a very quick and fun descent.

Squadrons can also reserve the large pavilion at Bonita Bay for free, and get a free picnic kit that includes a volleyball and net, horseshoes, a 100-quart ice chest, five-gallon cooler, a grill on wheels, and a softball set. Squadrons also get special rates on boat rentals, water sports packages that include water skis, kneeboards and tow-ropes, and canoe packages.

Outdoor Recreation also operates the Tyndall Horse Stables, which are now offering horse riding and care lessons, a skeet and trap range, and an archery range.

Although not necessarily considered recreational, lawn care equipment such as mowers, edgers, weed trimmers and hedge clippers are also available.

For folks who are looking for entertainment, the Information, Tickets and Tours

office has them covered. Discount tickets to local and regional area attractions, theme parks, and theaters are just some of what they offer.

Tours to area state parks and historical sites are also popular. This summer, look forward to trips to Defuniak Springs, Foley, Ala. and St. Augustine. Additionally, a tour to Williamsburg, Va., is planned for the fall.

"The real attraction to these tours are



Steve Riddle

Tiffany Volmer, a Tyndall Base Pool lifeguard, keeps a watchful eye on swimmers during Wednesday afternoon's lap swim session. The pool will have lap and open swimming throughout the summer season.

that they go to all these historic sites," explained Wendy Poppell, assistant manager at Bonita Bay. "It's information that people are highly interested in."

For those who would rather experience the "Do-it-Yourself" tour, the ITT office can still help out. Information on where to go, what to do, and what kind of accommodations to expect is available there.

"We have information on self-tours, and plenty of toll-free numbers to state visitor areas," Ms. Poppell said.

For those wanting to get farther away, Bonita Bay's Leisure Travel Office offers cruises and vacation packages. According

to Nancy Matthews, travel specialist, now is the time for that long, lazy vacation.

"We have real good rates on cruises right now," Ms. Matthews said. "There are cruises going to the Caribbean Islands, the Bahamas and Grand Cayman Islands, Cozumel, Playa del Carmen – there's lots of options available. We also are offering all-inclusive vacation packages to the Bahamas, Caribbean and Mexico."

So, no matter what summer activity you have in mind, chances are Bonita Bay has it covered.

For more information on any Bonita Bay facility, call 283-3199.

"Our office is all about enjoying everything under the sun."

CINDY WORKMAN
Bonita Bay director

